



**Family Fun!**  
Youth registrations  
are only \$15.00

## Decorah Rotary's 7<sup>th</sup> Annual Loop de Loop

5K, 10K and Half-Marathon Registration

September 29, 2018 – Decorah, IA

### **Date and Time:**

The Loop de Loop 5K, 10K and half-marathon will be held Saturday, September 29, 2018.

**The races will begin at 8:00am with staggered start times for each race.**

8:00am – half-marathon

8:15am – 10K

8:30am – 5K

The starting line will be located at the Decorah High School Baseball field on Claiborne Drive. ***Due to the charitable purposes of this event, unfortunately we are unable to provide refunds of registration fees in the event the race is cancelled.***

**Registration:** Early registration for the 5K and 10K run/walk is \$25 and can be completed online ([www.decorahrotary.org](http://www.decorahrotary.org)) or mailed to Loop de Loop PO Box 442 Decorah, IA 52101. Early registration extends through Friday, August 31. After that time the 5K and 10K registration fees will be \$30 until Friday, September 14, after which time they will be \$35.00.

**Youth registration (18 & under) of \$15 is for entry into all race events.**

Half-marathon registration, which can also be completed online, is \$55 for early registration thru Friday, August 31, \$65 through September 14 and \$75 after September 14.

**T-Shirts will be mailed for all registrations received after September 21, 2018**

**Pre-registrations and online registrations will close at midnight, September 27, 2018.**

**Registration is available during packet pick-up.**

**Timing:** This race will be timed utilizing AMB I.T. timing system to obtain accurate and quick results. No other timing chip may be worn. All Participants will be issued a timing chip bib number for use during the event.

**Course:** The course for the half-marathon and 5K and 10K will start just off Claiborne Drive near the Decorah High School baseball field. The half marathon will then proceed to the Trout Run Trail which is a closed loop path winding its way through the countryside on the outskirts of Decorah. The 5K and 10K will follow a flat course near the Upper Iowa River. Both races will finish at the start line. Course maps and elevations will be posted at on [www.decorahrotary.org](http://www.decorahrotary.org).

Courses will close and services discontinued after a 15 minute per mile pace for all races.

**Packet Pick-up:** Racers may pick up their race packets at City Hall From 5:00 -7:00 p.m. Friday, September 28, or the morning of the race on Saturday, September 29, from 6:30 -7:45 a.m. The city hall is located at 400 Claiborne Drive but you will enter the front of the building located on the Heivly Street side of the building.

**Awards:** Medals will be presented to all half-marathon finishers.  
Specially commissioned and locally made memento awarded to each male and female event winner.

**Aid stations and refreshments:** Aid/water stations will be located approximately every 2 miles along the route and refreshments and snacks will be provided at the end of race.

**Questions or Concerns:** Questions and concerns about the race may be directed to [decorahrotary@gmail.com](mailto:decorahrotary@gmail.com).

Questions and information about the Decorah community, lodging and general visitor information may be directed to [info@visitdecorah.com](mailto:info@visitdecorah.com) or [www.visitdecorah.com](http://www.visitdecorah.com)

**Participant information:**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Sex: \_\_\_\_\_ Age (Sept. 29, 2018): \_\_\_\_\_ Date of birth: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Event: (check one)

5K \_\_\_\_\_ 10K \_\_\_\_\_ Half-Marathon \_\_\_\_\_

Shirt Size:

SM \_\_\_\_\_ M \_\_\_\_\_ LG \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Women's cut Ts are available – please check here and size above: \_\_\_\_\_

Total amount of registration fee enclosed: \$ \_\_\_\_\_

**Waiver:**

I fully understand that training for and participating in activities such as 5K/10K/half marathons may result in accidents, illness, or serious injury. I am voluntarily participating in Loop de Loop (hereinafter the "event") sponsored by the Decorah Rotary Club (hereinafter "the Rotary Club") with complete understanding of the risks associated with participation in the event.

I further acknowledge that this event requires participants to be in proper physical condition. By signing this Waiver and Release Form, I declare that I am medically able, properly trained, physically fit, and capable of participating in the event. In consideration for being allowed to participate in the event, I agree to release and hold harmless the premises owner and the event's sponsors, including the Rotary Club, its affiliates, agents, and employees, from all liability for any injuries and/or illnesses that may directly or indirectly result from my conduct or from the negligence of other participants in the event, and/or from the negligence of the premises owner or the negligence of the sponsors of the event, including the Rotary Club, its affiliates, agents, and employees. I also acknowledge full and sole responsibility for any and all medical expenses that I may incur as a result of any injury and/or illness related to my participation in the event.

I understand and agree that this Waiver and Release is binding. I hereby grant my consent and permission to the Rotary Club, its affiliates, agents and employees, to use my name, photograph, videotape, motion picture recording, voice, or likeness for Rotary purposes, including pre and post event publicity. I have carefully read this Waiver and Release and fully understand its contents. By my signature below, I consent and agree to the terms of this Waiver and Release.

X \_\_\_\_\_  
Signature of Participant Date

X \_\_\_\_\_  
Signature of Parent or Guardian for minors (18 and under) Date